Brewing Twinings Sleep Valerian (Camomile and Valerian Root)

From the teas.co.uk wiki

Twinings Sleep Valerian is a caffeine-free herbal: camomile and lemon balm lead, a faint cool spearmint sits in the middle, and the earthy valerian root rounds it off. That valerian note is what makes it taste different from a plain camomile. Being herbal, give it a full five minute steep in just-boiled water.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Brewing Twinings Sleep Valerian (Camomile and Valerian Root) recipe. Canonical: https://teas.co.uk/recipes/camomile-tea/brewing-twinings-sleep-valerian-camomile-and-valerian-root/*

Makes one cup. Leave out the milk; a touch of honey is there if you want it sweeter.

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